



VOLUNTEER NEWSLETTER

APRIL 2023

Dear volunteers,

It's been a busy first quarter of 2023 and we want to thank you for sharing your time and talents with us!

In this newsletter, you'll find important information about volunteering with us at Better Health Network, Bentleigh East campus.

We welcome the new kids on the block, celebrate successes and remind you of updates and events for the coming months.

These are exciting times with changes taking place across the organisation, so remember you can always get in touch with the VACC team with any questions you might have.

Thanks,

The Volunteer and Community Connections Team.

Table of Contents

Welcome message	1
Get to Know the VACC Team	2
Farewell to Christine and Bill	2
Congratulations and Welcome, Ian.	3
What to do if you can't make a shift	3
Save the Date - NVW	4
Important Dates	4
Volunteer Awards	4
Welcome to the new recruits!	5
BHN Lanyards have arrived	6
Community Transport Driver Training	6

Proposed BHN Org Structure	7
BHN Social media	7
Celebrating Harmony Week	8
GHS Speaks Your Language	9
What's on in your world	10
Leesa's Great Shave	10
Health Promotion Events	11
Community Transport Vols Needed!	12
Open Volunteering Positions	12
Volunteering Stats	13
Wordsearch	13
Statutory Declaration Requirements	14
COVID-19 and Flu shot reminders	14

Get to know the VACC Team

There have been some changes in our team recently. Let's put some faces to the names of the Volunteer and Community Connection team!



Bill Keilar Retires

After working across various different roles over 11 years, Bill has decided to retire from his role as the "Group Transport Guy" to enjoy his time fishing, umpiring cricket and spending more time with his family.

We wish Bill a very happy retirement!

Farewell to Christine

Christine Pappon finished her role as Program Manager of VACC at the end of March. Under her leadership the Community Transport, Volunteers and MAC Intake programs improved significantly – we are all grateful for her input and support. We wish her all the best in her future endeavours.

Get to know the VACC Team

Congratulations and welcome, Ian!

A congratulations is in order for Ian Symmons, who has accepted the role as our team's program manager.

Ian has been with the organisation for some time as Program Manager of Resilient Communities.

We look forward to celebrating many successes with Ian as part of our team.



"What do I do if I can't make a volunteer shift?"

We appreciate the time you share with us, and understand things may come up that don't align with your volunteering schedule.

If you ever can't attend a shift or you have booked a holiday, you can let us know by calling the office on (03) 9535 5312 or emailing community@connecthealth.org.au

Important dates

A friendly reminder that all BHN services are closed on public holidays, which means you get a day off!

Good Friday – Friday 7 April

Easter Sunday – Sunday 9 April

Easter Monday – Monday 10 April

Anzac Day – Tuesday 25 April

King's Birthday – Monday 12 June

**Save
the
date**

You're all invited to a celebration for National Volunteer Week, between 15– 21 May.

Keep an eye out for further details!

Volunteer Awards

Nominate a fellow volunteer for the exceptional work they do!

Click on the link below to fill out the nomination form

<https://forms.office.com/r/RB0PfpD7Dz>

Applications close on Friday 21 April and the recipients will be announced in May.

Welcome to the new recruits!

Please join us in making our new volunteers feel welcome!

Emma – Community Transport Driver

Piyush – Gambler's Help

Jake – Community Transport Jockey and BBQ

Neil – Community Transport Driver

Xinrong – Hydrotherapy

Noelle – Barista

Habibur – Social Support

Murphy – Community Transport Jockey

Pictured below: New recruits Murphy, Emma and Jake.



BHN lanyards have arrived!

Our brand new BHN Lanyards are here and available to be picked up from the VACC office.

ID cards will be updated soon, though for now you can continue to use your existing one.

We have a box to sustainably dispose of your Connect Health & Community lanyard, though you are more than welcome to hold onto it!



Pictured: Michele gives Lyn her new BHN lanyard – she now has a new place to pin all her badges of service!

Volunteer Driver Training Session

We recently held a session for our Community Transport Drivers to go through updated training practices. This session allowed us to highlight any common questions and concerns, as well as to catch up and get to know each other.

Because the Community Transport Driver role is so dynamic we often only meet in passing.

Thanks to everyone who came along!

Proposed BHN Organisational Structure

A proposed organisational structure has been developed and presented at the end of March to establish a leadership structure for Better Health Network (BHN) that will continue to support our staff, clients and community.

It's important to note that the vast majority of volunteers and staff are not affected by these changes, as the client services structure, to be known as 'Operations', will occur after this process concludes.

A key principle in the design of the proposed organisational structure is that there is a role for everyone who wishes to continue working for BHN.

Those interested in viewing the proposed BHN Organisational Structure, including a list of FAQ's, can view a printed out version in the VACC office. Anyone with any questions is encouraged to reach out to the VACC team on community@connecthealth.org.au.

Are you following BHN on Social Media?



[Better Health Network](#)



[betterhealthnetworkau](#)



[Better Health Network](#)

Embracing cultural diversity through food – Celebrating Harmony Week 2023

Harmony Week, an event that encourages people to embrace diversity and cultural respect, was celebrated across Australia from March 20–26.

Staff and volunteers in Bentleigh East came together for a potluck lunch and were asked to bring a dish that reflects their culture, their favourite meal or something inspired by a trip abroad.

Reflective of our diverse team, the spread boasted delicacies including Singaporean, Mexican, Ukrainian, Middle Eastern, Indian, English and Australian cuisines.

Harmony Week coincides with the UN International Day for the Elimination of Racial Discrimination on March 21.

This day of protest is held each year to commemorate when police in Sharpeville, South Africa, opened fire and killed 69 people who were peacefully protesting against apartheid laws in 1960.



Pictured: Staff and volunteers connected over delicious food

The UN created the day to increase efforts of the international community against all forms of racial discrimination, intolerance and xenophobia.

May we continue to take the opportunities that these days of awareness provide to foster an inclusive workplace and a community free of discrimination.

Thank you to the Wellbeing Team for organising and getting staff and volunteers together.

Gambler's Help can speak your language

Thank you to our wonderful volunteer Piyush for his contribution to the recent Gambler's Help multicultural information session at the Dandenong Community and Learning Centre.

Piyush was able to translate key information from the slides into Hindi and Urdu for his audience.

Piyush's volunteer role involves reaching out to different communities to share information about gambling harm and promote help-seeking behaviour for gambling-related concerns.

Thanks to Piyush, the work of Gambler's Help is accessible to members of the Hindi and Urdu speaking communities.



What's on in your world?

We'd love to share your achievements with your volunteer peers!

Maybe your fundraising for a charity, reading at schools, learning an instrument or competing in a sport.

Share what's on in your world with us at community@connecthealth.org.au

Leesa's Great Shave

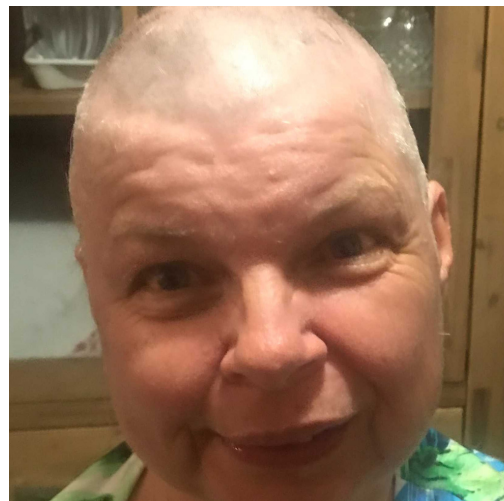
By Leesa Sillery

The World's Greatest Shave is held from 15-19 March, a time when families like mine across Australia support their loved ones living with cancer and help raise funds and awareness for Cancer research.



I shaved my hair off to raise money for Cancer Council research because unfortunately my father was diagnosed with lung cancer in November 2021.

My partner helped me to shave my head off 1st March 2023 to raise money for this valuable cause. My fundraising link can be found [here](#).



Do you want to get involved in Health Promotion events?

You may have seen an email about signing up for Health Promotion events.

These are typically one day events, offsite in the local community.

Volunteers can sign up to assist these events on a one off basis – **no ongoing commitment is required.** Events typically run for 2 – 4 hours.

Our most recent event (pictured) was held at the Dunkley Fox Housing Estate, where volunteers Cynthia and Rhonda assisted in running the market stalls for the residents.



Thanks to Cynthia and Rhonda for putting your hands up to support a great cause.

When these volunteer opportunities come up, we will send an email out to all our registered volunteers.

To sign up to volunteer at these events, respond to the email or call us on (03) 9535 5312.

Community Transport Volunteers Needed!

Do you or someone you know have the drive to join the Community Transport team?

We're recruiting Community Transport Drivers and Jockey's.

Contact the VACC team for more information at community@connecthealth.org.au



Volunteer Position Openings

Community Transport – Driver

Drivers take clients to and from appointments.

- Shifts 1 – 2 hours long between 8:30am – 4:30pm, Monday-Friday.
- Option of using own car or BHN car. Kilometres reimbursed for those using their own vehicle.

Hydrotherapy Pool Sitter

Welcome clients, take payments, check attendance, assist getting equipment while clients are in the pool.

- Does not involve getting in the water
- Shifts approx 1 hour between Monday-Friday.

Community Transport – Jockey

Assist Volunteer Driver with directions, escort clients on and off the bus, provide social interaction and support to clients.

- Shifts 1 – 2 hours long
- Monday- Friday.

Volunteer Statistics from 2022

Community Transport – 4,084 hours (78.5 hours per week on average)

Social Support – 632 hours (14 hours per week on average)

Hydro– 790 hours (17.5 hours per week on average)

Exercise Groups – 188 hours (4 hours per week on average)

Administration – 25 hours (30 mins per week on average)

Community Events Health Promotion – 30 hours a year across 4 events

Communications – 315 hours (7 hours per week on average)

Better health network

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N	A	I	L	M	T	O	A	S	N	E	R	N	W
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BHN
BETTER
HEALTH
NETWORK
HYDROTHERAPY
CLIENT
TEAMWORK
DENTAL
VOLUNTEERING
TRANSPORT
SOCIAL
STRENGTH
NURSING
DIETITIAN

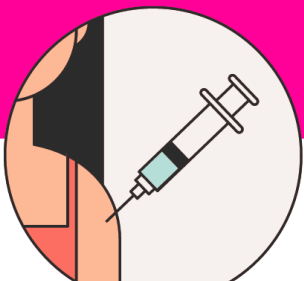
Statutory Declaration: Do you need to provide a stat dec?

Under the new Aged Care Worker Screening Guidelines, all staff and volunteers are required to complete a statutory declaration if:

- They have been a citizen of a country other than Australia
or
- They have been permanent resident of a country other than Australia after the age of 16 years.

If this applies to you, **please contact us** on community@connecthealth.org.au or (03) 9535 5312 and

Be prepared for winter. Get your flu shot and COVID-19 boosters!



Vaccinations are available through your GP and local pharmacy.

